

Haflong tribute to the Maestro Dr. Bhupen Hazarika in Dima Hasao

Haflong, Nov 05: A grand and emotional tribute was paid at Lal Field, Haflong, as part of the statewide observance commemorating the 14th death anniversary of the Bard of Brahmaputra, Dr. Bhupen Hazarika. The event witnessed overwhelming participation and heartfelt performances celebrating the maestro's timeless message of love, humanity, and unity. The programme was attended by NCHAC Chief Executive Member Debolal Gorlosa, Dima Hasao Deputy Commissioner Munindra Nath Ngatey, Senior Superintendent of Police Ripunjoy Kakoti, along with NCHAC Executive Members, MACs, Apex Body representatives, students, teach-



ers, and members of the public from all walks of life. Around 1,700 participants formed a human chain and rendered the immortal song "Manuhe Manuhor Babe" in unison—a stirring moment symbolising the shared spirit of harmony that Dr. Hazarika envisioned through his art and philosophy. Speaking on the occasion, CEM Shri Debolal Gorlosa reflected on Dr.

Bhupen Hazarika's remarkable life and legacy, describing him as a visionary whose songs transcended time, spreading the ideals of peace, equality, and brotherhood across generations. As part of the statewide tribute led by Chief Minister Dr. Himanta Biswa Sarma, over two lakh people across Assam participated simultaneously in the musical homage.

The Chief Minister announced that the state government will appeal to the United Nations to recognise "Manuhe Manuhor Babe" as a "Song of Humanity." In honour of the music legend's birth centenary year, the state government has also planned to erect a 100-foot statue near the Bhupen Hazarika Setu (Dhola-Sadiya Bridge) and name one road in each district after Dr. Hazarika. The event at Haflong concluded with an overwhelming sense of pride and reverence, as the hill town's collective voice joined the chorus of Assam celebrating the eternal legacy of Dr. Bhupen Hazarika, whose music continues to inspire unity and humanity across the world.

KSO Assam celebrates its 74th Foundation Day with zeal and unity across various districts



Assam, Oct 31: The Kuki Students' Organisation (KSO) Assam joyously celebrated its 74th Foundation Day with great enthusiasm and participation across various districts, including Dima Hasao, Karbi Anglong, Cachar, and Guwahati. The occasion reflected the Organisation's long-standing commitment to education, unity, and community service, upholding its guiding motto— "Learn, Unite & Serve." In Dima Hasao district, the celebration took place in numerous villages with overwhelming participation from members and well-wishers. The main programme at Kholjang Village was graced by KSO Assam President David Changsan as Chief Guest and Legal Secretary Levis Haolai as Guest of Honour. The event featured flag hoisting, cultural presentations, and motivational speeches that highlighted KSO's journey since its inception in 1951.

At Nomjang Village, the Foundation Day was marked by a vibrant gathering where Shri David Changsan, serving as Chief Host, urged the younger generation to uphold the values of learning and unity for community progress.

In Karbi Anglong, the district-level celebration was led by KSO Assam Vice President John Thangew, who appreciated the Organisation's continued efforts in promoting education and preserving cultural identity among the Kuki community. The Cachar and Guwahati units also organised commemorative programmes, fellowships, and cultural events, celebrating KSO's enduring legacy of student leadership and service. Across Assam, the day concluded with members reaffirming their dedication to KSO's vision — fostering education, unity, and service for a stronger and more empowered community.

'Jatinga Festival 2025' is all set to light up the scenic hills of Dima Hasao

Haflong, Nov 03 : Get ready for two days of music, culture, and eco-friendly celebration as the 'Jatinga Festival 2025' is all set to light up the scenic hills of Dima Hasao on 8th and 9th November! In a press meet, Chairman of Dima Hasao Tourism, Shri Joysringdao Phonglo, announced that this year's festival will feature Bollywood singer Shun as the main attraction, alongside performances by popular local bands like Novo and several homegrown artists. Entry tickets are priced at Rs. 500 and will be available at the venue. Visitors can look forward to a vibrant mix of traditional food stalls, local ethnic crafts, and even camping facilities for those who wish to experience the magic of Jatinga overnight. In a special appeal, Phonglo urged everyone to help make the event "Plastic-Free and Green", encouraging visitors not to bring plastic bottles and to join in celebrating nature in a clean, sustainable way. Music. Culture. Tradition. Eco-friendly celebration—Jatinga Festival 2025 promises to be a weekend to remember.

Suicide

Itanagar, Nov 05: In relation to the aiding and abetting of a young person's suicide, a court here on Tuesday granted bail to IAS officer Talo Potom. Gomchu Yekar, 19, was discovered dead in his rented room in Nirjuli, which is close by, on October 24.

Phaimaidi Bathari bags Gold Medal in M.Sc. (Food Technology) from Royal Global University



Haflong, Oct 31: A moment of immense pride for Dima Hasao as Phaimaidi Bathari, daughter of Shri Putil Bathari and Mina Bathari from Prabdisa, Block Bazaar, has been awarded the Gold Medal for securing First Division with Distinction in Master of Science (Food Technology) from The Assam Royal Global University, Guwahati. The honour was conferred during the university's Fifth Convocation Ceremony held on 31st

October 2025. Her exceptional academic excellence, perseverance, and dedication have brought laurels to the district. Heartfelt congratulations and best wishes to Ms. Bathari for a bright and successful future ahead.

Prisoner escapes from Haflong Sub-Jail, raising serious security concerns

Haflong, Nov 05: In a shocking incident, one prisoner escaped from the Haflong Sub-Jail in Dima Hasao district, triggering serious questions about the jail's security measures and administrative vigilance. Sources said that the incident occurred at 12 Pm broad daylight. The escapee has been identified as former DNLT cadre Betsing Jidung, also known by his aliases Master and Dimasa Jidung. The circumstances surrounding his escape remain under investigation, with authorities reportedly launching an immediate manhunt to trace his whereabouts. What makes the incident even more alarming is that the same Haflong Sub-Jail currently houses key accused Sekhar Jyoti Goswami and Amritprabha Mahanta, who are under judicial custody in connection with the sensational Jubeen Garg death case. This development has raised serious concerns over the effectiveness of jail security and administrative oversight, especially given the presence of high-profile inmates in the facility. Police and district authorities are expected to release an official statement soon, while efforts are underway to tighten security and prevent further lapses in the jail system.



District Commissioner Munindra Nath Ngatey; Safe Passage for Migratory Birds

Haflong, Nov 03 : District Commissioner Munindra Nath Ngatey addressed the media, highlighting the district administration's strong commitment to protecting migratory birds — especially the Amur Falcon — during their annual migration through Dima Hasao. The Office of the District Magistrate, Dima Hasao, has issued a Prohibitory Order under Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), 2023 — corresponding to Section 144 of the former CrPC — banning the killing, capturing, or disturbing of migra-

tory birds in specific parts of the district. As per official inputs from the Divisional Forest Officer, .

Dima Hasao (West) Division, large flocks of migratory birds arrive every year between August and November, in areas like Jatinga, Doiheng, and New Tumbung under Garampani Range, Umrangso.

Forest officials have been conducting round-the-clock patrols to ensure their safety. To reinforce this, the District Magistrate has prohibited the use of high-power halogen lights, long poles, or any other tools that could harm

the birds in their natural roosting sites.

The order (ECF No. 16103/L&O/2025/472649) was first issued on 25th September 2025 and reaffirmed on 21st October 2025 after reports of fresh Amur Falcon arrivals in the region.

The District Administration has warned of strict legal action against anyone violating the order.

This initiative aims to ensure the safe passage of migratory birds through Dima Hasao reaffirming the district's commitment to wildlife conservation and ecological balance.

Vibrant hills of Dima Hasao come alive with the 37th Kuki Chavang Kut 2025 celebrations at Songpijang

Haflong, Nov 01: Observed every year on November 1, Chavang Kut—the Autumn Festival of the Kuki community—marks the season of harvest and thanksgiving. The day is recognized as a local holiday in Dima Hasao and Karbi Anglong and a restricted holiday across Assam, reflecting its deep cultural importance. This year, the celebrations were organized under the guidance of the Kuki Inpi Assam (KIA), the apex body of the Kuki community. While Karbi Anglong hosted a central event at Manja, Dima Hasao witnessed village-level festivities in all Kuki-inhabited areas. At Songpijang, the event was graced by Assam Cabinet Minister and Haflong MLA, Nandita Gorlosa as the Chief Guest. The cele-

bration began with an opening prayer by Rev. T. S. Changsan, followed by the hoisting of the Kut Flag and a colourful display of traditional Kuki dances and songs. Cultural troupes from across the village presented captivating performances—‘Sel Pang Lam’ by High School Veng, ‘Leilen Lam’ by Molnom Veng, ‘Jangcha Lam’ by Kholui Veng, and several more, showcasing the rich heritage and artistry of the Kuki people. The crowd was also treated to melodious songs by guest performer Miss Lhainunom Thangew, adding a modern musical touch to the traditional festivities. Speaking on the Kut theme, Rev. Dr. Siehjalom Doungeel reminded the gathering of the values and traditions passed down by Kuki forefa-

thers, urging everyone—especially the youth—to uphold unity, integrity, and good citizenship. Addressing the gathering, Assam Cabinet Minister Nandita Gorlosa lauded the Kuki community’s strong educational achievements and encouraged the youth to explore opportunities in sports and professional careers, assuring government support for their development. The celebration concluded with a heartfelt vote of thanks by Upa Sehlak Lenthang, bringing to a close a day filled with joy, culture, and community pride. As music, laughter, and tradition filled the air, the 37th Kuki Chavang Kut once again reminded everyone of the enduring spirit of harmony and togetherness among the Kuki people.

Committee on Subordinate Legislation conducts spot study tour in Haflong



Haflong, Nov 05: A delegation of the Committee on Subordinate Legislation, headed by Chairman Ponakan Baruah, MLA (Chabua), conducted an extensive spot study tour in Haflong and adjoining areas to assess the implementation, progress, and ground-level impact of various developmental projects in the district. Accompanying the Chairman were committee members Shri Mrinal Saikia, MLA (Khumtai); Suzam Uddin Laskar, MLA (Katlicherra); Samir Das, Joint Secretary; and Rinelin S. Momin, Under Secretary. Senior officials from the North Cachar Hills Autonomous Council (NCHAC) also joined the inspection, including Partha Jahari, ACS, Principal Secretary (in-charge), Rebecca Changsan, ACS, Joint Secretary, ADC Abul Khair Ilias, Noshim Ahmed, ACS, and other district officials. The committee team visited several key locations across Haflong, including Ladies Park approach road, Lower Haflong, Kelolo, Natun Leikul, Boro Wapu, and Hasong Haju, where they conducted detailed inspections of ongoing projects, infrastructure conditions, and maintenance works. Members engaged with locals to understand issues and gather project feedback. Later in the day, a departmental review meeting was held at the Circuit House Conference Hall, Haflong, attended by Heads of Departments (HODs), officials, and staff from various government departments. During the session, officials reviewed progress, challenges, and policy implementation. Chairman Ponakan Baruah emphasized the committee’s commitment to ensuring accountability, transparency, and effective execution of government initiatives in hill districts like Dima Hasao. He praised local authorities and urged timely completion of welfare projects. The visit ended with a pledge to submit a report to improve development schemes and administration in the region.

Historic moment for Dima Hasao: Prabhati Thaosen appointed as chairperson of APSC

Haflong, Nov 05: Wednesday Marked a historic day for the people of Dima Hasao as senior IAS officer Prabhati Thaosen has been appointed as the Chairperson of the Assam Public Service Commission (APSC). With this appointment, she becomes the first resident of Dima Hasao district to hold this prestigious constitutional position. Prabhati Thaosen, who earlier served as a Member of the APSC, brings with her decades of administrative experience and a strong



legacy of public service. Her appointment was formally announced through a government notification issued from Dispur on November 5, 2025, by the Personnel Department of the Government of Assam. The official notification, signed by M.S. Manivannan, IAS, Commissioner & Secre-

tary to the Government of Assam, stated that under the powers conferred by Article 316 of the Constitution of India and the Assam Public Service Commission Regulation, 1951 (as amended), the Governor of Assam has been pleased to appoint Prabhati Thaosen, IAS (Retd.), as the Chairperson of the APSC, effective from the date she assumes charge. Before assuming her new role, she will take the oath of affirmation before the Governor of Assam or an authorized person

as per Regulation 4(v) of the APSC Regulation, 1951. Interestingly, her appointment carries a symbolic touch of continuity and pride for the people of Dima Hasao her father, Late J.K. Thaosen, was the first member of the Assam Public Service Commission from the district. The people of Dima Hasao have expressed immense pride and joy at this achievement, describing it as a moment of great honour and inspiration for the hill district and its youth.

After historic World Cup triumph, PM Modi to felicitate Indian Women’s Cricket Team



in a spectacular win over South Africa in the final at Navi Mumbai. The Indian side posted a commanding total of 298/7 before bowling out South Africa for 246, sealing a 52-run victory and etching their name in cricketing history. The World Cup win marks a watershed moment for women’s cricket in India—a triumph that has inspired millions of young girls to dream big. From the power-packed batting of Smriti Mandhana and Shafali Verma to the match-winning spells from Renuka Singh and Deepti Sharma, the team displayed remarkable consistency, passion, and unity. Prime Minister Modi will felicitate the players and the coaching staff for their outstanding achievement, acknowledging not only their on-field excellence but also their role in transforming the sporting landscape of India. The meeting at the Prime Minister’s residence is expected to be filled with celebration, gratitude, and encouragement for the champions who have made the nation proud. As India rejoices in this glorious chapter of sporting history, the victory stands as a shining example of perseverance, dedication, and the unstoppable rise of women in Indian sports.

New Delhi, Nov 05: In a moment of immense national pride, the Indian Women’s Cricket Team—fresh from scripting history with their first-ever ICC Women’s ODI World Cup victory—is set to meet Prime Minister Narendra Modi in New Delhi. Led by captain Harmanpreet Kaur, Team India showcased exceptional grit, skill, and teamwork throughout the tournament, culminating

A passenger and goods train collided, killing 8 people and injuring several more

Chhattisgarh, Nov 05: A tragic train accident occurred near Bilaspur railway station in Chhattisgarh on Tuesday evening around 4 PM, when a MEMU passenger train collided with a stationary goods train, leaving eight people dead and 14 others injured. According to Bilaspur Collector Sanjay Agrawal, rescue operations were launched immediately with all resources deployed. “A total of eight people have lost their lives in this accident. Two passengers are still trapped, while 16–17 are seriously injured. Rescue work is ongoing,” he said. The injured have been rushed to Apollo Hospital and Chhattisgarh Institute of Medical Sciences (CIMS) in Bilaspur, where one patient remains in critical condition. Deputy Chief Minister Arun Sao confirmed that the goods train was stationary when the MEMU train rammed



into it from behind, causing severe damage to the front coach where passengers were seated. Chief Minister Vishnu Deo Sai described the incident as “extremely heartbreaking” and assured full support to affected families. The Railways has announced an ex gratia compensation of ₹10 lakh for families of the deceased, ₹5 lakh for those seriously injured, and ₹1 lakh for passengers with minor injuries. Preliminary investigations suggest that the accident may have occurred after the MEMU train crossed a signal, leading to the fatal collision. Visuals from the site show the front portion of the MEMU train lodged atop the goods train, as rescue teams and officials continue efforts late into the night.

Remembering the Voice of Humanity - Dr. Bhupen Hazarika

Every year, as November arrives, Assam pauses to remember one of its greatest sons — the Bard of Brahmaputra, Dr. Bhupen Hazarika. His death anniversary is not merely a date in the calendar; it is a moment of reflection, reverence, and rediscovery of the ideals he stood for. Dr. Bhupen Hazarika was not just a singer or composer; he was the voice of a people, the conscience of a society, and the bridge between cultures. His songs, rich with human emotion and social consciousness, transcended boundaries of language and geography. Through melodies like “Manuhe Manuhor Babe,” he urged humanity to look beyond divisions and rediscover compassion as the foundation of progress. Today, as the state pays tribute to the Maestro, the resonance of his songs reminds us of our shared responsibility — to nurture peace, unity, and brotherhood. His art was deeply rooted in the soil of Assam, yet its message was universal. Whether he sang about the struggles of the marginalized or the beauty of the Brahmaputra, his voice carried the timeless call for equality and justice. In an age where noise often replaces melody and self-interest overshadows community spirit, Bhupen Hazarika’s legacy offers a powerful lesson. His life and music tell us that art has the power to heal, unite, and inspire action. The truest tribute we can pay to him is to carry forward his vision — a society guided by empathy, cultural pride, and the belief that humanity must stand above all else. As News Bearer joins the people of Dima Hasao and the entire state in remembering the Maestro, we echo his immortal words “Aami ekhonom nokorilu xomadhan, bhabibo kunenu kuwa homoniya...” (We have yet to find harmony — let’s dream together, my friend. Let this anniversary not be a remembrance of loss, but a renewal of purpose — to keep the song of humanity alive, just as Bhupen da wished it to be.

Meet Owen Cooper, youngest actor to bag Emmy for series Adolescence



New Delhi, Nov 06: From having no experience in acting to grabbing an Emmy for his first show, Owen Cooper has surely become an inspiration for many young artists. Meet the youngest actor who scripted history. All about Owen Cooper. Owen Cooper has scripted history by becoming the youngest male acting winner in the history of the Emmy Awards for his role in *Adolescence*. Owen Cooper and his family. Owen Cooper was born in Warrington, England. Reportedly, his mother is a carer and his father works in IT. He has two brothers. He is also a member of the Warrington Rylands U15 squad. Owen Cooper before entering the showbiz industry. Born in England, Owen originally wanted to become a footballer before taking weekly acting lessons with *The Drama Mob*, a drama school

co-created by Coronation Street actress Tina O’Brien and Esther Morgan, in *Manchester*. Owen Cooper’s screen debut

Cooper made his screen debut as Jamie Miller, a 13-year-old accused of murder, in the Netflix miniseries *Adolescence*. Series co-creator Stephen Graham had sought to cast an unknown actor from northern England for the role. He had been selected from a pool of over 500 auditions. Owen Cooper garnering praise for *Adolescence*. The role earned him widespread critical acclaim and made him one of the best child actors. TV Award for Outstanding Supporting Performance in a Limited Series. Owen Cooper’s projects post the upcoming BBC Three series *Film Club*. He has also been selected to play young Heathcliff in *Emerald Fennell’s Wuthering Heights*.

Vande Mataram Resonates Across Haflong: NCHAC CEM Debolal Gorlosa and Minister Nandita Gorlosa Lead 150th Year Celebration of India’s National Song



Haflong, Nov 07: Patriotism and unity filled the air in Haflong as the district joined the nation in celebrating 150 glorious years of “Vande Mataram,” the national song that once ignited India’s freedom struggle and continues to inspire generations. A grand commemoration was held at both the CEM’s Conference Hall and the District Commissioner’s Office Conference Hall, jointly organized by the North Cachar Hills Autonomous Council (NCHAC) and the District Administration, Dima Hasao. The celebrations were led by Chief Executive Member of NCHAC, Shri Debolal Gorlosa, and Hon’ble Min-

ister for Sports and Youth Affairs, Smt. Nandita Gorlosa, who graced the event as the Chief Guest. Both leaders emphasized the enduring power of “Vande Mataram” in uniting the nation and inspiring selfless service to the motherland. The event witnessed enthusiastic participation from a host of dignitaries, including District BJP President & MAC Dhriti Thaoson, Deputy Chairman DHAC Amin Lienthang, Executive Members Sdonpainon Thaoson, Probita Johori, Niranjana Hojai, Samsing Engti, Biswajit Daulagupu, Paudaming Nriame, and several other MACs and council members. Also present were Principal Sec-

retaries, the Joint Secretary, District Commissioner Munindra Nath Ngatey (ACS), Superintendent of Police Ripunjoy Kakoti, and senior government officials. The highlight of the celebration was a mass singing of “Vande Mataram”, where voices echoed in harmony, expressing gratitude and reverence for the song penned by Bankim Chandra Chattopadhyay in 1875 — a composition that became the heartbeat of India’s independence movement. The gathering also tuned in to a live broadcast of Prime Minister Narendra Modi’s address from the Indira Gandhi Indoor Stadium, New Delhi, where the Prime Minister launched a

year-long nationwide commemoration of “150 Years of Vande Mataram” — to be observed from November 7, 2025, to November 7, 2026. In his address, the Prime Minister highlighted the timeless relevance of Vande Mataram, urging citizens to preserve the spirit of patriotism and unity that the song represents. The event in Haflong concluded with a collective pledge to uphold the ideals of love, devotion, and national pride that Vande Mataram symbolizes. As voices rose in unison across the hill town, the sentiment was clear — the song that once stirred a nation still resonates deeply in the hearts of every Indian.

Ileana D’Cruz disclosed that she had not intended her entry into Bollywood with Barfi

New Delhi, Nov 06: Ileana D’Cruz made her impressive Bollywood debut alongside Priyanka Chopra and Ranbir Kapoor in the film *Barfi*, which was released 13 years ago. As the movie reaches this significant milestone, Ileana has revealed that she had no intentions of debuting with Anurag Basu’s direction, and that the opportunity presented itself to her at a “very random time.” In an interview with NDTV, Ileana D’Cruz shared, “I didn’t really plan my entire career. I didn’t plan on becoming an actor to begin with. So when I did start acting, it was a job. And it was interesting because I hadn’t learnt about acting. It wasn’t a concrete plan — I’ll get to Bollywood after so many years of working in the South.” “*Barfi* came at a very random time when I was working in the South. And it was not the story I thought I would get. I thought I’d do this full-blown masala commercial film, but you know *Barfi* was a commercial film, but it was very niche. It took me a little time to decide whether I should do it,” the actress further added. It wasn’t an immediate yes for Ileana. The actress,



while chatting, revealed that it took a bit of convincing from Anurag Basu which made her finally say yes. “He shot me on a handycam on the pretext of having a candid conversation. At the end of it, all he had to say was, ‘You’re my

Shruti.” Ileana recalled. About Ileana D’Cruz

The actor was last seen in *Do Aur Do Pyaar* (2024), a romantic comedy co-starring Vidya Balan, Pratik Gandhi, and Sendhil Ramamurthy.

About Ileana D’Cruz’s personal life

Ileana’s personal life took a happy turn in 2023 when she tied the knot with Michael Dolan in an intimate ceremony. That same year, she welcomed her first child, Koa Phoenix Dolan, in August. More recently, on June 19, 2025, the couple became parents once again with the birth of their second son, Keanu Rafe Dolan. In the same interview, Ileana spoke candidly about being photographed in India with her children and why she finds it unsettling. “It would definitely have been hard for me to be photographed with my babies. It would just be incredibly confusing for them. And it’s not fair to them because they wouldn’t understand what is going on. I would not be okay with it,” she said.

Precision Medicine Offers Hope in India's Cancer Fight

Dr. Ashok Vaid, Chairman, Cancer Institute, Medanta – The Medicity

Cancer continues to remain one of the biggest health challenges in India, with 14 lakh incidences of cancer cases in the country in 2023 alone, according to the Indian Council of Medical Research (ICMR). Among men, the most common types of cancer are oral, lung, and of the oesophagus, while in women, the most frequently occurring cancer by far is breast cancer, followed by that affecting the cervix and ovary.

North East India is particularly hit hard by cancer -- it has the highest incidence of cancer in India, with Mizoram reporting a lifetime risk of developing cancer at a staggering 21.1% for men, an analysis of data from 43 population-based cancer registries (PBCRs) across India has revealed.

Several factors drive the high prevalence of cancer, with tobacco use being a major contributor—particularly to the elevated cancer rates in the Northeastern states.

Over the years, treatments like chemotherapy and radi-

ation have saved many lives, but they often bring tough side effects. However, Precision Medicine is transforming cancer care in India, offering more targeted and personalized treatment options.

Precision Medicine: A New Era of Cancer Care

Traditional approaches such as chemotherapy and radiation have saved countless lives, but often bring difficult side effects because they target healthy cells along with cancerous ones. A new approach—precision medicine—is reshaping cancer treatment in India by tailoring therapy to the genetic profile of each patient's tumour.

Unlike the conventional "one-size-fits-all" methods, precision medicine uses genetic testing to detect mutations that drive cancer growth. This enables doctors to prescribe therapies that specifically attack those weaknesses.

Key advantages include:
• Better treatment results: By hitting the cancer at its source, targeted therapies can be more

effective in shrinking tumours and prolonging survival than standard treatments.

- Fewer side effects: Since these drugs focus on abnormal cells, healthy tissues are less affected, improving patients' quality of life.

- Early detection and prevention: Genetic testing can also identify people with inherited risks, making preventive steps and early intervention possible.

Despite its promise, precision medicine faces hurdles in India. Some of these challenges to consider include:

- Cost: Advanced genetic tests and targeted therapies remain expensive, raising concerns about access across different income groups.

- Infrastructure needs: Specialised labs, trained oncologists, and systems to analyse genetic data are not yet available everywhere.

- Awareness: Both patients and healthcare providers require greater knowledge of how precision medicine works and when it can be used.

Several initiatives are already underway to expand access to precision medicine:

- Government efforts: The Department of Biotechnology (DBT) under the Ministry of Science and Technology supports research and development in this area.

- Collaborative models: Partnerships between government, private hospitals, and research institutes are helping to scale precision medicine.

- Clinical trials: Ongoing studies focused on the genetic profiles of Indian patients are critical for developing therapies that work best in the local context.

Looking ahead
Precision medicine represents a turning point in the way India approaches cancer care. With collaborative effort, greater awareness, and improved infrastructure, it has the potential to improve survival rates, reduce treatment side effects, and ultimately bring new hope to millions of patients and their families.

TVS Motor makes power-packed global debut at EICMA 2025, unveils six new models and AR helmets

Guwahati: TVS Motor Company marked a milestone at EICMA 2025 with a commanding debut, unveiling six new models across petrol and electric platforms, next-gen AR-enabled Heads-Up Display helmets, and connected vehicle technologies. The company also showcased its global growth strategy and reaffirmed its commitment to European expansion.

The lineup featured revolutionary concepts such as the TVS Tangent RR supersport, TVS eFX three o electric motorcycle, TVS M1-S electric maxi-scooter, TVS RTR HyprStunt urban sports concept, the adventure-focused TVS Apache RTX 300, and the futuristic TVS X. In a major highlight, the revitalised Norton brand returned with modern engineering rooted in over a century of racing legacy, backed by TVS's £200-million investment.

TVS Chairman Sudarshan Venu said the debut underscores the brand's global ambition. "We underline our vision to serve customers in Europe with passion, precision and pride," he said.

In Guwahati, TVS's EICMA showcase reinforces rising aspirations in Northeast India's two-wheeler market, where demand for performance bikes and electric mobility is growing. Dealers expect heightened interest in premium models and advanced EV offerings once launched in India.

With AR helmets built with Swiss startup Aegis Rider and expanded Smart Xconnect features, TVS aims to redefine tech-led mobility as it prepares European rollout between 2026 and 2027.



Festive deals fuel big buys: Bajaj Finance loans jump 27% as more shoppers upgrade gadgets & appliances

Kohima: Indian shoppers made the most of this festive season, and the numbers prove it. Bajaj Finance Ltd., the country's largest private non-bank lender, reported a 27% jump in the number of loans and a 29% increase in loan value from September 22 to October 26, 2025, reflecting a surge in consumer spending on gadgets, home appliances and lifestyle products.

The company disbursed around 63 lakh loans during the period, with 23 lakh new customers joining its platform. Notably, 52% of these were first-time borrowers —

indicating that more households are stepping into the formal credit system to finance big-ticket festive purchases.

Shoppers benefitted from lower GST on products like televisions and air-conditioners, allowing them to choose premium models without stretching their budgets. Bajaj Finance reported a 6% drop in average loan ticket size, meaning buyers paid less for better products. A clear upgrade trend emerged — 71% of TV loans were for 40-inch and above models, up from 67% last year.

Sanjiv Bajaj, Chairman, said government tax reforms boosted purchasing power and consumer confidence. With 239,000 distribution points across 4,200 locations and strong digital services, Bajaj Finance continues to make festive shopping easier and more affordable for millions of Indian families.



American Tourister unveils 'Made in Nashik. For the World' campaign showcasing India's manufacturing pride

Guwahati: American Tourister has launched a new campaign titled "Made in Nashik. For the World," highlighting Nashik's role as the backbone of the global travel brand. The TVC celebrates the city where craftsmanship meets culture, showcasing daily life at the brand's largest factory worldwide. The campaign pays tribute to the 25,000 families whose expertise and perseverance fuel American Tourister's international growth.

Shot through the lens of workers at the Nashik plant, the film blends precision engineering with the city's cultural vibrancy — from riverbanks and bazaars to the rhythmic dhol and Paithani artistry. The campaign underscores how Nashik's heritage flows into every product, with over 60 lakh units manufactured annually, including products for Samsonite's other major brands. In Guwahati,



the campaign is expected to resonate strongly with customers in Assam's capital, where premium travel gear is gaining traction amid rising tourism and business travel. Retailers in Guwahati say locally crafted global products appeal to consumers increasingly choosing durable and proudly Indian-made travel solutions.

"Our aim is to make every Indian swell with pride upon seeing an American Tourister," said Anushree Tainwala, Executive Director – Marketing, Samsonite South Asia, noting that the film honors Nashik's skilled workforce and their global impact. The campaign reinforces that when Nashik moves, the world moves with it.

Nissan India reports 45% MoM sales surge in October, crosses 1.2 million export milestone

Guwahati: Nissan Motor India Pvt. Ltd. (NMIPL) has reported a strong festive-season performance, recording consolidated sales of 9,675 units in October 2025, marking a 45% month-on-month jump. The company sold 2,402 units domestically while exports touched 7,273 units, driven primarily by demand for the New Nissan Magnite. Nissan also celebrated crossing 1.2 million cumulative vehicle exports, reinforcing India's status as a key global manufacturing and export hub.

The company credited the festive rush during

Navratri, Dussehra and Diwali, along with the GST rate reduction, as major demand boosters. Managing Director Saurabh Vatsa said the industry witnessed positive festive momentum, adding that the Magnite, with GNCAP 5-star safety rating and 40 standard safety features, continues to win strong customer trust. The brand has expanded its CNG retrofit program and is preparing for three upcoming launches, including the Nissan Tekton (7-seater B-MPV) and a 7-seater C-SUV.

In Assam and the wider Northeast market,



Nissan dealers reported higher showroom footfall and bookings during the festive period. Guwahati dealers highlighted strong interest in the Magnite — particularly the KURO Special Edition and new Metallic Grey variant — as customers took advantage of price cuts of up to ₹1 lakh following GST benefits.

Nissan reaffirmed its focus on network expansion, improved dealer inventory cycles, and enhancing customer experience under its "One Car, One World" strategy.

Flipkart boosts Bharat's regional trade hubs, accelerates growth in tier-2 & tier-3 cities

Guwahati: Flipkart is witnessing a strong shift in India's digital commerce landscape, as Tier-2 and Tier-3 cities emerge as powerful trade hubs on its platform. Cities such as Surat, Bhiwandi, Jaipur, and Karnal recorded a 1.4X surge in new selection inflow during the festive season, signalling rising seller participation from regional India. Bhubaneswar, Durgapur, and Bhiwandi led seller growth, while Meerut and Lucknow saw consistent increases in transactions and overall sales, mirroring earlier success stories like Kannauj and Shantipur.

According to Flipkart, demand growth was especially strong across categories like automobiles, TVs, sports shoes, and makeup and fragrances, reflecting evolving consumer preferences and deeper digital adoption. "India's new trade centers... are fast becoming engines of e-commerce growth," said Sakait Chaudhary, Senior Vice President and Head of Marketplace at Flipkart, noting the role of AI-powered tools like the Seller Dashboard and NXT Insights in helping sellers make data-driven decisions.

Northeast India's retail landscape is also seeing rising digital integration. In Guwahati, sellers are increasingly leveraging Flipkart's technology-driven ecosystem to reach customers nationwide. Local MSMEs and artisan-led businesses are onboarding faster, driven by festive season demand and access to tools that simplify pricing, logistics, and compliance, contributing to the region's growing online-commerce footprint.

Flipkart also simplified GST compliance, enabling sellers to pass on over ₹200 crore in GST benefits to customers. With continued investments in technology and training, Flipkart aims to further democratize commerce and empower small entrepreneurs across Bharat.

Godrej Industries Group reaffirms partnership with Mumbai LitFest; 16th edition to spotlight global voices and inclusion

Guwahati: Godrej Industries Group has announced the continuation of its partnership with Literature Live! The Mumbai LitFest, as the festival enters its 16th edition. Scheduled to take place from November 7 to 9 at NCPA, Nariman Point, the three-day literary celebration will host over 120 renowned writers, thinkers, and performers from more than 10 countries.

The festival will feature a diverse range of sessions, including the Great Debate, Book in Focus, children's events under The Little Festival, and an array of workshops. Godrej DEI Lab will also curate special sessions highlighting themes of diversity, equity, and inclusion. This year, the LitFest strengthens accessibility with more than 15 sessions supported by Indian Sign Language interpretation and a sensory-friendly tent designed for neurodivergent children, equipped with tactile materials, soft seating, and trained facilitators.

In Guwahati, literary enthusiasts and book retailers in the city expect increased demand for new titles and author-driven events following the Mumbai festival. With growing interest in cultural and literary engagement in the Northeast, bookstores and academicians in Guwahati anticipate the LitFest's impact to inspire similar creative forums locally.

Godrej Chairperson Nadir Godrej said the festival celebrates Mumbai's storytelling spirit, while festival co-director Amy Fernandes praised its evolution into a hub of ideas and inspiration. Prestigious awards including Fiction, Non-Fiction, Business, and Playwriting categories will be presented, alongside Poet Laureate and Lifetime Achievement honours for Sitanshu Yashaschandra and Vinod Kumar Shukla respectively.

NPCI launches awareness drive to combat rising 'digital arrest' fraud threat

Guwahati: In a push to strengthen public safety in India's fast-growing digital payments ecosystem, the National Payments Corporation of India (NPCI) has issued an advisory urging citizens to stay vigilant against a new wave of cybercrime known as 'Digital Arrest.' The scam involves fraudsters impersonating law enforcement agencies and coercing victims into sending money or sharing sensitive data under the pretext of fake legal cases.

NPCI stated that digital payments have become widespread due to their convenience and security,

but users must adopt safe practices to avoid falling prey to sophisticated online frauds. In digital arrest scams, criminals often initiate calls pretending to be officials from agencies like police, CBI, or income tax departments. They escalate interactions to video calls, using doctored uniforms, government emblems, and fabricated legal environments to appear legitimate.

Victims are threatened with arrest over alleged crimes such as money laundering or tax evasion unless they transfer money or disclose personal details. Warning signs include urgent legal threats,

demands for information or deposits, and fear-based tactics.

NPCI advised citizens to pause, verify identities, and report suspicious interactions to the national cybercrime helpline 1930 or through the DoT portal. The organisation reiterated that genuine authorities never seek payments or investigate cases over calls.

NPCI continues to drive secure digital adoption through innovations like UPI, RuPay, IMPS, AePS, and NETC, reinforcing India's shift toward a trusted, digital-first economy.

SPJIMR team wins SBI Life's IdeationX 2.0; IIM Shillong bags first runner-up

Shillong: SBI Life Insurance concluded the Grand Finale of its national innovation platform 'IdeationX 2.0' on Tuesday, declaring a team from SPJIMR, Mumbai — comprising Pritish Wadhwa, Stuti Rajesh Shah, and Eshan Sharma — as the national champions. The initiative witnessed participation from over 31,000 management students across 100 leading B-schools, aimed at reimagining and simplifying India's life insurance sector through youth-driven innovation.

Olympic Gold Medalist Abhinav Bindra graced the finale as Chief Guest, motivating finalists with insights on discipline, learning, and consistent effort. "Innovation combined with perseverance drives progress," Bindra said, praising the problem-solving zeal of young participants.

Eight teams made it to the Grand Finale, presenting ideas to SBI Life MD & CEO Amit Jhingran and a senior jury panel. Students from IIM Shillong — Namita Gupta, Nitika Bansal,



and Sakshi Agarwal — secured the first runner-up position, while teams from MICA Ahmedabad and IIM Lucknow jointly finished second runner-up.

In Shillong, the accomplishments of the IIM Shillong team drew appreciation from the city's student community and academic circles, reflecting the competitive spirit within the region's growing management education ecosystem. Market observers in Shillong noted that such

achievements highlight Northeastern youth emerging as innovation leaders in finance and insurance sectors, boosting aspirations for entrepreneurial growth, fintech participation, and corporate collaboration in Meghalaya.

SBI Life leaders reaffirmed their commitment to youth-led ideas transforming the insurance landscape, emphasising "Insurance for All by 2047" as the long-term vision.

IREDA boosts renewable push in Northeast, targets major investments to build green power hub

Guwahati: Indian Renewable Energy Development Agency Ltd. (IREDA) has strengthened its focus on accelerating renewable energy growth in the North-East, reaffirming its long-term commitment to clean power investments in the region. Addressing a session on "Financing Renewable Energy in the North Eastern Region" in Guwahati, CMD Pradip Kumar Das underlined the North-East's strategic role in India's clean energy transition, identifying hydropower and solar as the primary drivers.

Das said India's renewable energy capacity has tripled since FY14 and is expected to double again by FY2030, demanding nearly ₹28 lakh crore in fresh investments. The North-East already generates about 5 GW of renewable power, accounting for almost 60% of its total power capacity. IREDA has sanctioned more than ₹3,500 crore in the region, offering concessional interest rates including a 50-basis-point rebate for North-East projects and an additional 50-basis-point rebate for women-led projects. The agency has also supported over 3,800 solar pumps in Tripura and multiple rooftop solar installations across Assam under PM-KUSUM and Rooftop Solar schemes.



In Guwahati, industry players see rising investor interest in solar rooftops, decentralized systems, and EV-linked energy projects. Local businesses expect improved grid connectivity and financial incentives to bring more green MSMEs and innovation hubs to the city, boosting Assam's clean-tech ecosystem.

Das added that with targeted reforms and strong regional leadership — including several IREDA business heads from the Northeast — the region is poised to become a major green energy hub for India and neighbouring economies.

Renault India races ahead with 21% Y-O-Y growth in October 2025



Guwahati: Renault India has continued its strong upward trajectory, registering wholesale sales of 4,672 units in October 2025 — a solid 21% growth over the 3,861 units sold in the same month last year. The performance surpasses the auto industry's overall growth rate of 17.3% for the month, signalling robust consumer demand and successful product strategy by the automaker.

The growth was driven largely by the newly introduced Triber and Kiger models, which have received enthusiastic customer response nationwide. The favourable implementation of GST 2.0 also contributed to improved market sentiment. Month-on-month, Renault posted a 9.54% rise from September 2025, when the company recorded 4,265 unit sales.

In Guwahati, Renault dealers reported heightened enquiries during the festive period, reflecting rising consumer confidence in the Northeast auto market. Strong footfall and demand for compact SUVs and family-oriented models like the Kiger and Triber boosted showroom activity, aligning with the city's growing preference for feature-rich and value-driven vehicles.

Retail performance remained strong as well, with VAHAN data showing registrations of 5,041 units in October, marking a 12.7% increase year-on-year. "We are confident this encouraging momentum will continue," said Francisco Hidalgo, Vice President, Sales and Marketing, Renault India.

Medanta to invest Rs 500 cr for 400+ bed super-speciality hospital in Guwahati

Guwahati: Medanta – Global Health Limited, one of India’s largest private multi-specialty tertiary healthcare providers, is expanding its footprint in the Northeast with a state-of-the-art, 400+ bed hospital in Guwahati. The facility will come up at Industrial Estate, Sarusajai along NH-27, backed by an investment of approximately ₹500 crore. Equipped to deliver tertiary and quaternary care, the hospital will offer super-specialities including comprehensive transplant programs, advanced cardiology and cardiac surgery, oncology, neurology, robotics, orthopaedics, gastro-sciences, pulmonology, endocrinology and critical care. Founded by Padma Bhushan, Padma Shri, and Dr. B.C. Roy Awardee Dr. Naresh Trehan, Medanta operates six hospitals across Gurgaon, Indore, Ranchi, Lucknow, Patna and Noida with 3,300+ beds. The group is also expanding in Mumbai and Delhi with over 2,000 planned beds. Guwahati has rapidly emerged as the medical gateway of the Northeast, catering to pa-



tients from Assam, Meghalaya, Arunachal Pradesh, Nagaland and even neighbouring countries. With rising demand for advanced procedures and improving healthcare infrastructure, Medanta’s entry is expected to further strengthen the city’s position as a premium medical destination, supporting medical tourism and increasing

specialised care accessibility. “Quality healthcare should be a right, not a privilege,” Dr. Trehan said, calling the project a milestone for the underserved Northeast. The facility is expected to generate 5,000–7,000 direct and indirect jobs, bolstering regional socio-economic growth.

PNB MetLife expands footprint in Assam, opens new branch in Lakhimpur

Lakhimpur: PNB MetLife India Insurance Company Limited has strengthened its presence in Assam with the opening of a new branch in Lakhimpur. The announcement was made on Wednesday in Guwahati. With the new branch, the company now operates four branches across Assam, reflecting its focus on expanding insurance access in the state. According to the company, the expansion aims to bring insurance services closer to people and support customers with easier policy services and trusted financial guidance. “Trust has always been the foundation of PNB MetLife’s relationship with its customers. With 177 branches now across India, we are not only expanding our reach but also strengthening the assurance that customers can depend on us,” said Sameer Bansal, MD & CEO of PNB MetLife. He added that the company is committed to making financial protection simple and accessible. The new branch is expected to boost financial service availability in Lakhimpur, which has seen growing interest in savings and protection products. Local business owners and salaried individuals in the district have increasingly been seeking organised financial and insurance solutions. With the new office, residents are likely to benefit from quicker service, better access to insurance products, and improved financial planning support. PNB MetLife currently serves customers through 177 branches and over 20,000 bancassurance partner locations across India, ensuring wide access to its protection and savings offerings.

India Research Tour 2025 reaches Guwahati, boosts research and inclusivity in Northeast



Guwahati: The India Research Tour 2025, a flagship research outreach initiative by Springer Nature in collaboration with the Ministry of Education, made a significant stop in Guwahati, engaging with researchers, academicians, and students at the Indian Institute of Technology (IIT) Guwahati and the OKD Institute of Social Change and Development (OKDISCD). The initiative aims to strengthen research capacity, inclusivity, and innovation across India, with a special focus on the underrepresented Northeast region. Covering 29 institutions across 15 cities in seven states from 6 October to 13 November, the tour seeks to advance Open Access and Open Science, promote research integrity, encourage e-book adoption, and support editorial board recruitment, while fostering diversity and inclusion in research. Speaking at the event, Venkatesh Sarvasiddhi, Managing Director, Springer Nature India, said, “The inclusion of Northeast India in the India Research Tour 2025 is both intentional and essential. For India to achieve truly inclusive and globally competitive research outcomes, every region, especially the Northeast with its unique perspectives, must have equal voice and opportunity. IIT Guwahati and OKDISCD exemplify the talent and potential of this region. Through this engagement, we aim to provide researchers here with tools, training, and visibility that connect them to the national and global research ecosystem.” The tour’s sessions explored how researchers can contribute to regional and national development through open science, research integrity, and interdisciplinary collaboration. Key initiatives highlighted included One Nation One Subscription (ONOS), Her Research, Our Future, and the Research Ambassador Program, all designed to democratize knowledge, promote ethical research practices, and empower underrepresented voices. The Northeast, with its diverse communities, unique socio-economic challenges, and rich natural resources, holds immense potential for research-led growth. The visit underscores Springer Nature’s and the Ministry of Education’s commitment to equitable knowledge access and building a culture of impactful research across India. The India Research Tour 2025 has already visited institutions in Uttar Pradesh, Bihar, Jharkhand, and West Bengal and will next move to Arunachal Pradesh, continuing its mission to foster innovation, inclusivity, and integrity in Indian research.

Medanta lays foundation for Rs 500-crore super-speciality hospital in Guwahati

Guwahati: Medanta, one of India’s leading multispecialty healthcare groups, has entered the Northeast market with the Bhoomi Poojan ceremony for its upcoming 400+ bed super-speciality hospital in Guwahati. The ceremony, held on October 31, was attended by Assam Chief Minister Dr. Himanta Biswa Sarma as guest of honour, along with Medanta Chairman & Managing Director Dr. Naresh Trehan and Group CEO Pankaj Sahni. Located at the Sarusajai Industrial Estate along NH-27, the ₹500-crore facility will offer comprehensive tertiary and quaternary care, including advanced transplant services, robotic procedures, cardiology, neurology, oncology, trauma care, and a full suite of diagnostics and preventive programmes. The project is also expected to generate 5,000–7,000 jobs, spanning medical, administrative, and support roles. Dr. Trehan said the Northeast has long required advanced medical infrastructure, adding that the new hospital reinforces Medanta’s mission to make quality healthcare accessible to all. CEO Pankaj Sahni highlighted Guwahati’s strategic advantage as the gateway to the Northeast, with access to over 50 million people. Guwahati note increasing demand for advanced healthcare due to rising lifestyle diseases and patient outflow to metros like Delhi and



Mumbai. Medanta’s entry is expected to strengthen the city’s position as a regional medical hub, boost medical tourism within the Northeast, and create new opportunities in healthcare and allied services.

Škoda Auto India smashes annual sales record in just 10 months, logs highest-ever October performance

Guwahati: Škoda Auto India has set a new benchmark in the country’s automotive market by registering its highest-ever annual sales within just the first 10 months of 2025. The company sold 61,607 cars between January and October 2025, surpassing its previous full-year record of 53,721 units in 2022. October alone contributed 8,252 units — marking Škoda’s best monthly sales ever. The feat comes as the Czech carmaker celebrates 25 years in India. The strong momentum has been driven by robust demand for the Kylaq, Škoda’s first sub-4m SUV, which has nearly touched

40,000 units since launch. Steady demand for flagship models like the Kodiaq, alongside the Kushaq and Slavia, and the lightning-fast sell-out of the high-performance Octavia RS within 20 minutes, further underscored the brand’s appeal. Škoda has also crossed 200,000 locally manufactured cars and expanded its network to 318 customer touchpoints across 180 cities. In Guwahati, Škoda dealers report rising interest in premium SUVs and performance-centric cars, driven by growing disposable incomes and aspirational buying trends in Assam. With more customers



seeking technology-loaded and global-standard vehicles, the city has emerged as a promising hub for upper-mid-segment passenger vehicles. Ashish Gupta, Brand Director, Škoda Auto India, credited the success to “purpose-driven execution, product offensive,

and network expansion.” The company plans to scale dealer workforce by 50% and invest 25,000 training days to enhance service excellence, reinforcing confidence and community building as it eyes continued growth in India.

Baklava, kunefe, and falafel are no strangers to Delhi's food lovers—much like Ramen and Tiramisu, which have firmly found their place in the city's food scene. Now, Ophelia, nestled within Hotel Ashok, is celebrating Turkey's rich heritage with its ongoing Turkish food festival, offering diners an authentic taste of their traditional flavours. Known for its Mediterranean and Asian offerings, Ophelia already features Turkish delicacies on its menu, but this festival takes a deeper dive into authenticity. "Often we introduce something new—whether it's an Italian festival, a Turkish festival, or a seafood festival. We want to keep things fresh and exciting for our guests," says head chef Pankaj Pandey.

Turkish cuisine is defined by its distinct spice profile, featuring cinnamon, cumin, sumac, and, most notably, Turkish red and green chilies. "Unlike Indian spices, which are often bold and intense, Turkish chilies offer a milder, more subtle heat," says chef Pandey. Festival highlights include a variety of Adana and Urfa kebabs, steaks, and pilaf. Traditional Turkish food is generally mild, but we've made subtle adjustments—like increasing spice lev-



Indulge in Turkish Delights: Kebabs, Kunefe Dazzle at Ophelia, Delhi

els—to suit the Indian palate while preserving its essence." "We've designed the menu to cater to both vegetarian and non-vegetarian preferences while also considering our guests' palates," says the chef. Among the vegetarian options, the Cottage Cheese

Adana offers a unique twist on the classic kebab, replacing meat with a spiced cottage cheese mixture. Another standout is the Lotus Root Urfa, where minced lotus root is blended with Turkish spices and served alongside lavash bread, pickled onions, and tahini dip. "Lotus root is not commonly used in Turkish cuisine, but we wanted to introduce something different," says chef Pandey.

The menu also puts a creative spin on a Turkish staple. "Falafel is typically made from chickpeas. But our version uses edamame instead," explains Pandey, referring to the Edamame Falafel on the menu. "It has a mild cheese-like flavour with a hint of spiciness—almost like green chili, which is added to enhance the taste, bringing a subtle twist." For non-vegetarians, the chef recommends the Lamb Liver Adana, a smoky, chargrilled spicy kebab grilled on a wide skewer

over charcoal and the Roasted Garlic Chicken Pirzola, featuring crispy grilled chicken thighs paired with Muhammara—a roasted bell pepper and walnut paste—alongside tahini dip and a crisp pickled onion and lettuce salad.

Ophelia has partnered with Istanbul Baklava, a well-known sweet store in Lajpat Nagar, to curate a special dessert menu for the festival, ensuring an authentic taste of Turkish sweets. Unlike most places that use pre-made filo sheets, Istanbul Baklava crafts fresh, handmade layers, resulting in a flakier texture. The festival menu features classic baklava, soğuk baklava (a cold, milk-soaked version), and Midye Baklava, a mussel-shaped pastry filled with nuts and soaked in syrup. The festival showcases a diverse selection of Turkish-style coffees, including Turkish Coffee, Ottoman Coffee, and Dibek Coffee—a unique blend of coffee grounds infused with herbs

like mastic gum, cardamom, salep, and hazelnut. The stand-out offering is the Special Istanbul Coffee, brewed in a sand pit using a traditional cezve or ibrik—a narrow-necked Turkish coffee pot designed for slow brewing. This method enhances its rich, chocolatey flavour with hints of pistachio, making it taste more like hot chocolate than a conventional cappuccino or espresso. The festival also spotlights kunefe, a decadent dessert made of crisp, sugary kadayif—similar to vermicelli—encasing rich, sweet cheese. Prepared live at the dessert counter, it is cooked using a specialized kunefe machine that ensures even heating. Chef Pandey emphasises that this technique is key to achieving the perfect bite. Running until March 20, the festival has received positive feedback. "If our guests love these flavours, we may consider making them a permanent part of our menu," the chef adds.



Must-Try Rice Paper Dumplings for Gluten-Free Awareness

If you thought eating gluten-free foods was boring and bland, think again. As the month of November marks National Gluten-Free Diet Awareness Month, you must try this scrumptious recipe of easy-to-make rice paper dumplings at home.

Rice paper, and especially dumplings made from it, are having a moment on social media. They are quick to rustle up, as they don't need you to labour

in the kitchen rolling out individual wrappers that need to be delicate yet sturdy to stand up to the steaming process. While these rice paper dumplings do need you to form them, pinching them shut so they don't spill and making them look pretty isn't a task you need to undertake, as they stick to each other. **Ingredients:** 1/2 cup cabbage.-1/2 cup carrots.-3-4 spring onion whites.-1 tsp oil.1 tsp garlic.-1/2 tsp grated gin-

ger.-1/4 cup red bell pepper, finely chopped.-1/4 cup yellow bell pepper, finely chopped.-1/4 cup green bell pepper, finely chopped.-1 stock cube.-Salt & pepper to taste.-1 pack tofu, grated.-1 tsp chilli oil.-1 tsp spring onion greens.-Rice paper sheets.

For the sauce:-1/4 cup soy sauce.-1 tsp rice wine vinegar.-1 tsp spring onion greens.-1 tsp coriander, chopped.-1/4 cup water.-1 tsp

jaggery.-1.5 tsp red chilli sauce. **Method:** Chop all your vegetables for the dumpling filling, along with tofu. You can also grate the tofu.Sauté the filling in a pan and add salt, pepper, chilli oil and stock cube. Add in the tofu and give it a good mix. Once the filling is cooked and cooled down, start assembling your dumplings.You can cut your rice paper into 4 quarters and layer 3 of them in a star shape to make 1 dumpling. Or

save yourself the hassle, and use the entire paper for each dumpling.Wet the rice paper for a few seconds in a shallow dish of water, or use a spray bottle and dampen each of them. Stuff the rice paper with the cooked and cooled filling.To cook the dumpling, layer some cabbage leaves in a dumpling steamer and gently place them in a single layer. Don't crowd the steamer.Steam the dumplings and serve them with a sauce.

Make Crispy Moong Dal Adai

Every morning begins with the same dilemma: what to pack for lunch that's both healthy and delicious. Between rushing to get ready and the constant search for something different yet wholesome, the struggle is real. That's where this South Indian gem, Moong Dal Adai, comes in, a protein-packed, easy-to-make dish that's as nutritious as it is satisfying. Whether it's for school, work, or a quick home meal, this dish never disappoints.

This dosa-like dish may look simple, but it's loaded with goodness. Made from a mix of lentils, it fuels the body with energy, aids digestion, and keeps kids active throughout the day. It's also quick to prepare, ideal for busy mornings and a hit with kids.

Ingredients: Green moong dal (with skin) – ½ cup
Yellow moong dal – ½ cup
Chana dal – ¼ cup
Urud dal – ¼ cup
Rice – ¼ cup
Fenugreek seeds – ½ tsp
Ginger – 1-inch piece
Green chilli – 1
Red chilli – 1 (optional)
Turmeric powder – ¼ tsp
Asafoetida – a pinch
Salt – to taste
Coriander leaves – finely chopped
Oil – for frying

How To Make 'Moong Dal Adai'

Rinse all lentils, rice, and fenugreek seeds well. Soak for 5-6 hours to soften them for grinding. Drain the soaked mix and grind with ginger, green and red chillies to form a coarse batter. Do not make it runny. Transfer to a bowl. Add turmeric, asafoetida, salt, and coriander leaves. Mix well. Add water as needed to get a dosa-like consistency. Heat a non-stick pan, grease with oil, and pour a ladle of batter. Spread it into a thick circle and cook over medium heat till both sides are golden brown. Serve hot with coconut, tomato, or green chutney. For a kid-friendly twist, you can add a little jaggery or tomato sauce on the side.



Best 14 high-protein boba flavors tasted



Americans are obsessed with protein, but they're not all gulping raw eggs out of a glass like Rocky. The last decade has given us protein bars, shakes, cereal, pancakes, chips, crackers, jerkies. More recently, Asian American entrepreneurs have made their own contribution to this protein bonanza: protein boba tea. Boba tea (or bubble tea, as it's also called) originated in Taiwan in the 1980s before becoming a phenomenon in the United States in the last decade. It consists of a tea base blended into milk, with tapioca balls (or pearls) providing the signature texture. Delicious as it is, the original drink is loaded with sugar and calories, which makes it more of a treat than an everyday drink like ordinary tea.

But a new wave of at-home boba teas changes the health equation with loads of protein and less sugar. They come in the same popular flavors, including matcha, taro and Vietnamese coffee, and of course include those addictive pearls that make boba so distinctive. But are they any good? I ordered every type I could find in the US to find my favorite.

As an Asian American, I have downed plenty of traditional boba tea drinks and still do. But I'm also an avid gym-goer, which led me to look for healthier alternatives. As a result, I've been trying out different boba tea brands and flavors for the past five years. I ordered protein boba tea samples from every company I could find, which encompassed four brands in the US. I tried as many flavors as I could, for a total of 14. Not all brands had all flavors in stock, and some brands had too many to try them all. Every day, typically after ev-

ery workout, I prepared a standard serving according to the manufacturer's directions, which usually involved stirring the powder into either water or milk in a shaker cup; I tried them with both to get a better sense of their thickness. Since there aren't that many competitors, I had ample time to sample every flavor over the course of the past two months. I also gained 5lbs (2kg) of muscle mass in the process! Since I am not a nutritionist or a personal trainer, I treated this as a taste test rather than trying to determine which is healthiest. Almost all of them offer about 25g of protein per serving and use whey protein isolate, but they do use different non-sugar sweeteners that affect the taste. I also took into consideration price, flavor selection and whether brands offered bundles or sample packs. Boba Tea Protein is the market leader in the boba protein space and offers the largest array of flavors. They make their powders in the United States with protein from whey isolate and monk fruit as a zero-calorie sweetener.

Boba Tea Protein comes in 15 flavors, including common ones such as Jasmine Milk Tea, Oolong Milk Tea and Taro Milk Tea, but also seasonal variants including Pumpkin Spice. This year, Boba Tea Protein celebrated the year of the snake by releasing the Mung Bean Milk flavor, which I loved. It's similar to soymilk with a rich flavor and smooth texture. The Matcha Latte and Pumpkin Spice flavors are my favorites and the ones that I continue to come back to. The former strikes a great balance between a sweet and savory vegetable-like taste, while the latter has a rich cinnamon taste that made me feel nostalgic for autumn. Every \$49.99 bag contains 25 servings, coming out to about \$2 a serving. The caloric amount can vary slightly by flavor: Matcha Latte has 160 calories per serving, for instance, while the Mung Bean has 140 calories. As far as texture goes, the shake feels creamy, even when made with water, and doesn't leave behind any unwanted leftover powder. The Oolong Milk Tea and Jasmine Milk Tea flavors taste authentic to the ones you would find in typical boba shops. The Oolong Milk Tea flavor has a sweet yet subtle floral taste that's almost like putting flowers into your drink. The Jasmine Milk Tea flavor tastes similar to the Oolong Milk Tea but slightly more bitter, which adds an extra kick. Boba Tea Protein even has vegan options in the form of Matcha Latte and Taro flavors. They're made with pea, chickpea and brown rice protein, which replace the whey component of the regular protein.

Raw Garlic: Immunity to Glowing Skin Benefits

Garlic serves as a key ingredient in our meals as it plays a major role in enhancing the flavour and aroma of various types of food items. But not many look forward to eating it in its raw form due to its strong taste and smell. This is why it usually gets overshadowed. Once you start eating a clove of raw garlic daily, you will experience multiple healthy changes in your body within a month.

Since garlic is usually roasted or baked while preparing various recipes, people often remain unsure about whether they should consume it in its raw form or not. According to Healthline, raw garlic gives certain "health benefits not available in cooked form." But there are certain side effects as well, including a burning feeling. Known for its stronger, pungent flavour, raw garlic has been utilised medicinally for a very long time. Few research studies highlight the key benefits of its sulphur-containing compounds, which remain preserved when it is eaten in raw form.

Here's a look at various health benefits of raw garlic,

when you eat it daily for at least a month: Garlic can help us in decreasing inflammation, besides boosting the immune function. This is due to the antioxidants it contains. It could help people lower blood pressure, especially when a person is dealing with hypertension. Further, studies highlight that it can even decrease cholesterol levels to support overall heart health. Garlic plays a key role in improving blood sugar management, especially for those suffering from type 2 diabetes. Garlic is the first choice for many to improve their skin health. It can help in dealing with acne and other skin-related problems.



The best way to eat raw garlic is by crushing or chopping it and then leaving it for a few minutes to allow the alliinase enzyme to produce allicin. To improve the taste, people also consume it after mixing it with salad, yoghurt or honey. Along with its various health benefits of raw garlic has a few potential side effects as well that people should keep in mind. Due to its stronger taste and smell, there is a possibility of odour from breath and body.

Navy Heals PTSD with Psychedelics

Suicide is a tragic epidemic among US military veterans, but a new documentary charts how psychedelic drugs offer a glimmer of hope to elite soldiers battling post-traumatic stress disorder and depression.

"We're not scientists, we don't know exactly what's happening," said Jon Shenk, who co-directed "In Waves and War" with his wife Bonni Cohen. "But it does seem like there's something to it," he told AFP. Streaming on Netflix from Monday, the documentary follows three retired US Navy SEALs coping with the invisible scars of their many tours of Iraq and Afghanistan. After years spent under enemy fire, the veterans have become trapped on an altogether different battlefield, contending with PTSD, brain injuries, depression and alcoholism.

Winter Immunity: Ayurveda & Naturopathy Hacks

As temperatures drop and the air turns crisp, our bodies instinctively crave warmth, nourishment, and rest. Winter, in both Ayurveda and naturopathy, is viewed not as a time of hibernation but of renewal – an opportunity to rebuild inner strength, balance energy, and reinforce immunity. The key lies in aligning daily routines, diet, and lifestyle with the rhythm of the season, allowing the body to naturally adapt and thrive.

According to Dr. Zankhana M. Buch, Chief Medical Officer, Apollo AyurVAID, the early winter period marks the transition from Pitta's fiery energy to the Vata-Kapha balance of Hemanta – a time ideal for restoration and strengthening. "This is nature's invitation to rebuild vitality, deepen nourishment, and fortify immunity," she explains. With digestive strength (Agni) at its peak, the body efficiently absorbs nutrients and converts

them into Ojas — the vital essence that supports immunity and emotional balance. Dr. Buch emphasises eating with awareness and favouring regionally attuned, freshly prepared meals. Warm, grounding foods such as bajri rotla (Gujarat), ragi mudde (Karnataka), and sarson da saag (Punjab). Warming spices like turmeric, dry ginger, black pepper, cumin, cinnamon, and nutmeg. Daily rituals like sipping amla or ginger-turmeric infusions, early morning sun exposure, and consistent routines. "These practices don't just protect against respiratory concerns or joint stiffness. They also nurture emotional steadiness during the darker, colder months," she notes.

Tejas Chavan, Director, Viveda Wellness Village, Na-

shik, shares that both ayurveda and naturopathy recognise winter as a season of inner work and healing. "Increased Vata can weaken digestion and vitality, so the focus should be on strengthening Agni through warm, nourishing meals, gentle spices like ginger and turmeric, and



adequate rest," he explains. Naturopathy, he adds, is rooted in supporting the body's self-healing potential. "Quality sleep, mindful breathing,

grounding, and regular sun exposure reduce stress – an unseen trigger behind low immunity. Spending time in nature also restores emotional balance and reduces inflammation, helping the body and mind reconnect with equilibrium," says Chavan. Dr. Narendra K. Shetty, Chief Wellness Officer, Kshemavana Naturopathy and Yoga Centre, Bengaluru, points out that respiratory illnesses rise by up to 300 per cent during winter due to cold air, pollution, and reduced sunlight. To strengthen immunity, he recommends a blend of Ayurvedic and naturopathic techniques backed by research:

Hydrotherapy: Cold water therapy increases white blood

cell counts, improving immune response.

Yoga & Pranayama: Reduces inflammatory markers (IL-6, TNF-alpha) and improves oxygen supply.

Nutrient-rich diet: Include foods high in vitamin C, D, zinc, and selenium to reduce infection risk.

Rasayana herbs: Ashwagandha, Tulsi, Giloy, and Chyawanprash enhance adaptive and innate immunity by modulating immune cells and cytokines.

Winter wellness isn't about intense detoxes or rigid routines. It's about rhythm, warmth, and consistency. A fusion of Ayurveda's nourishing principles and naturopathy's elemental healing offers the most sustainable way to strengthen immunity. By eating seasonally, moving gently, resting deeply, and honouring nature's pace, the body regains balance, and immunity becomes a natural outcome of harmony with the season.

AFA blames logistical delays for postponing Lionel Messi & Argentina's November visit to Kerala

Messi and Argentina's Kerala Visit Postponed

Australia: Lionel Messi's visit to Kerala in November has been postponed due to the Argentine Football Association (AFA) and the event's sponsor. The Argentine national team, led by Lionel Scaloni, was expected to play a friendly match against Australia in Kochi on 17 November.

The AFA announced that the team would travel to Spain for training and then move to Luanda for their only friendly against Angola on 14 November. The delegation will then return to the old continent to continue their training until November 18th, the day the FIFA World Cup concludes. The match's sponsor, Anto



Augustine, and the Kerala Sports Ministry have announced that the match will be postponed due to delays in completing logistical arrangements.

The game is expected to be rescheduled for March 2026. Kerala Sports Minister V Abdurahiman revealed that

Messi was willing to travel alone to Kerala, but the government decided against it, asking for the entire team to visit in November.

This has sparked political tensions in the state, with Opposition Leader VD Satheesan mocking the state government.

An embattled referee predicts a 'bigger scandal'; calling NBA gambling scandal 'tip of the iceberg'

New Delhi: Former NBA referee Tim Donaghy, who was imprisoned for game fixing, has claimed that the NBA gambling scandal could be larger than initially thought. He cited the arrests of Chauncey Billups, Terry Rozier, and Damon Jones as just the tip of the iceberg, suggesting that student-athletes are likely throwing games for quick cash. Donaghy predicted a potential college-level scandal, stating that young athletes who are unlikely to reach the next level may be offered money to fix a game, potentially winning by 12 instead of 15, to support their families, as they may not make it to the next level. The NCAA has announced that three former Eastern Michigan players, Jalin Billingsley, Da'Sean Nelson, and Jalen Terry, have violated rules by refusing to cooperate with an investigation into potential sports betting violations, potentially leading to permanent ineligibility, as they are no longer on the roster. FBI Director Kash Patel announced over 30 arrests in an 11-state investigation into illegal gambling and organized crime, targeting two overlapping rings involving rigged poker games and insider sports betting, allegedly supported by members of New York's Bonan-



no, Gambino, Lucchese, and Genovese mafia families. NBA champion Billups, Hall of Famer Rozier, and Damon Jones have been charged with alleged x-ray technology and modified card shufflers in a poker ring, sports betting, and prop bet manipulation schemes. Mob figures Ernest Aiello, Ammar "Flapper Poker" Awawdeh, Thomas "Tommy Juice" Gelardo, and Matthew "The Wrestler" Daddino, along with professional poker players and associates, were arrested. Donaghy, who spent 11 months in prison after a 2007 FBI probe exposed his role in betting on games, claims the league's current scandal mirrors his past, where he made over \$300,000 by leaking inside information to bookies and claimed the Gambino crime family coerced him.

India a men's unbeaten in China tour



New Delhi: India A men's and women's hockey teams concluded their international exposure tours in China with positive performances and valuable experience against local opposition. The men's team won a four-match series against Gansu Club in Changzhou City, Jiangsu Province, with goals from Varun Kumar, Selvam Karthi, Uttam Singh, and Venkatesh Dhananjay Kenche. They also secured an 8-0 victory in the third match, with goals from Selvam Karthi, Aditya Arjun Lalage, and Captain Sanjay. The series ended with an 8-3 win against Gansu in the final game. Aditya Arjun Lalage was the top scorer for the men's team, with four goals in as many matches. The women's team played a five-match series against Liaoning from October 13 to 21, displaying strong resolve throughout the tour. They held Liaoning to a 1-1 draw in their opening match, a 1-3 loss in the second game, and consecutive draws in the third and fourth matches. In the final contest, both teams played out a thrilling 3-3 draw, with goals from Kajal Sadashiv Atpadkar, Pooja Yadav, and Deepika Soreng.

India's women clinch their first-ever Cricket World Cup title in Navi Mumbai

Mumbai: In a moment of glory that will be etched in cricketing history, India's women's cricket team lifted their maiden ICC Women's Cricket World Cup, defeating South Africa by 52 runs in a thrilling final at DY Patil Stadium, Navi Mumbai. Under the inspirational leadership of Harmanpreet Kaur, India finally turned their long-cherished dream into reality, after falling short in the 2005 and 2017 finals. Put in to bat after a rain delay, India posted a commanding 298/7, powered by Shafali Verma's explosive 87 (78 balls), Deepti Sharma's composed 58, and crucial late hits from Richa Ghosh (34 off 24). Opener Smriti Mandhana added 45, taking her tournament tally to 434 runs the most ever by an Indian woman in a World Cup. South Africa's captain Laura Wolvaardt once again stood tall, smashing a classy 101 off 98 balls, but her lone battle wasn't enough. India's bowlers kept striking at regular intervals, with Deepti Sharma emerging as the hero with the ball too claiming a brilliant 5 for 39. Wolvaardt's century her second in successive knockout games kept South Africa's hopes alive until her dismissal in the 39th over, after which India sealed the win emphatically. This vic-



tory marks India's first Women's World Cup triumph, and also the first final in history not featuring Australia or England, making it even more momentous. As Harmanpreet Kaur lifted the glittering trophy before a roaring home crowd, fireworks lit up the Navi Mumbai sky signaling a new era for Indian women's cricket. "This is not just our victory it's India's victory. It's every little girl's dream come true," said an emotional Harmanpreet after the win. Cricket fans across the nation are hailing it as "India women's 1983 moment", a symbolic breakthrough echoing the men's historic win over the West Indies four decades ago. India 298/7 (50 overs) Verma 87, Deepti 58, Mandhana 45. South Africa 246 all out (45.4 overs) Wolvaardt 101, Deepti 5/39. India won by 52 runs. A golden day for Indian cricket. A new dawn begins.

Sydney ODI is expected to feature Kuldeep Yadav, according to Aakash Chopra

New Delhi: Aakash Chopra suggests a lineup change for India ahead of the final ODI against Australia to prevent a series whitewash at SCG Aakash Chopra has expressed his thoughts on the team's combination for the upcoming match against Australia, suggesting a change to prevent a rare series whitewash at the Sydney Cricket Ground on Saturday. Australia secured a series win with one game left, following consecutive defeats in the first and second ODIs. Chopra endorsed Kuldeep Yadav for the Sydney contest, citing the venue as a spin-friendly surface. Chopra predicts Kumar Dhawan to play at Sydney, possibly as a pacer, and believes the team will not drop a batter for a bowler, given their batting performance in the first two ODIs. Former India cricketer believes modern white-ball cricket requires a player to possess batting ability at No. 8, as a team can struggle with seven batters, particularly when mainstream batters are out of form.



India's cricketer, Chopra, has urged the country to use an extra batter to ensure a balanced approach in the team. He believes that modern white-ball cricket requires a strong batting ability at eight, and fielding only seven batters can be challenging due to concerns about batting form and bowler-friendly pitches. Chopra believes this approach has contributed to India's recent white-ball success. India suffered another heartbreak in Adelaide after losing the rain-marred ODI series opener in Perth. Rohit Sharma redeemed himself with a powerful knock, while veteran Virat Kohli recorded a second consecutive duck, raising concerns about his form. The Men in Blue's preparation for the final game and strategies to avoid a whitewash will be intriguing to observe..

According to Williamson, communication with New Zealand cricket regarding availability is still continuing

Tauranga: The Men in Blue's preparation for the final game and strategies to avoid a whitewash will be intriguing to observe. Kane Williamson, a veteran New Zealander, has confirmed that communication regarding his availability for the rest of the home summer is still ongoing. Williamson, currently on a casual contract with New Zealand Cricket, expressed excitement to return to the national setup for the first time since

the 2025 Champions Trophy. He chose not to participate in the three-match T20I series against Australia and missed the Zimbabwe tour. New Zealand cricket player, James Williamson, has expressed his desire to continue playing cricket and maintain a balance between family and time away. Williamson, who has three young children, believes that the balance between playing for New Zealand and maintaining a strong

desire to improve is the most important aspect of his life. He has been part of the team for 15+ years and has experienced various transitions, including a new head coach and new players. Williamson has enjoyed being a member of the group and playing with committed players. He is looking forward to returning to the group after the Champions Trophy and focusing on the team's goals and building towards something.



Williamson emphasizes the importance of keeping communication open and respectful of the team's progress. He

also shares his time in England, stating that the off-season was good and looking forward to the start of the series.

Australia captain Pat Cummins misses ashes opener Steve Smith to Lead Team



England: Australia captain Pat Cummins will miss the Ashes series opener against England next month in Perth. Cricket Australia announced that Cummins has resumed running after being sidelined for three months with a back stress injury but will not be fit in time for the opening match. The 32-year-old expects to return to bowling shortly. Steve Smith will lead Australia in

Cummins' absence, with the biggest test series on the 2025 calendar starting on November 21 and a day-night test in Brisbane from December 4. Scott Boland is likely to join Mitchell Starc and Josh Hazlewood in Australia's pace attack in Perth, where conditions usually favor pace bowling. Boland has taken 49 wickets at an average of 12.63 in nine home tests.

Divya Deshmukh & D Gukesh win double gold at the European Chess Club Cup

Norway: D Gukesh and Divya Deshmukh have both secured gold medals in the European Club Cup, marking a significant boost for Indian players ahead of the upcoming Chess World Cup. Gukesh won gold on the top board, while Deshmukh secured gold on the second board for her team Cercle d'echecs de Monte Carlo. Both Indian players are expected to compete in the Chess World Cup 2025 in Goa from 31 October to 27 November.

The tournament will feature 24 Indian players, with Gukesh as the top seed. In 2025, Gukesh faced several challenges, including losing to R Praggnanandhaa in



the Tata Masters tie-breaker round, coming eighth and 11th in the inaugural Free-style Chess Grand Slam, and coming sixth in the Grand Chess Tour 2025 in Romania. He also came third at

Norway Chess with 14.5 points, including a win over Magnus Carlsen. His performance at the European Club Cup will be crucial for his chances at the upcoming World Cup.

Jannik Sinner's Vienna Open Victory

Australia: Jannik Sinner, the Italian tennis star, played his last match with Darren Cahill as his coach in the Vienna Open final. The match was special for Sinner as it was his last time playing with Cahill, who has guided players like Andre Agassi, Simona Halep, and Lleyton Hewitt. Sinner described Cahill as a 'second father' and paid tribute to him before the match. Sinner expressed gratitude for Cahill's support and the opportunity to work with him. However, they have not discussed the matter in detail yet. Sinner, a four-time Grand Slam cham-



pion, expressed hope that Cahill would change his mind, but they have not spoken much about who might join them in the near future. Sinner also had Simone Vagnozzi as a coach on his staff. With Cahill leaving, Vagnozzi will take charge as the only coach for the Italian tennis star. He has not spoken much about who might join them in the near future.

Sinner added that his new lead coach will require periods of rest, so finding another member of the coaching staff might take some time.

Liga: Villarreal secures third position with Derby Victory while Girona and Oviedo engage in exciting play

Madrid: Villarreal secured a 2-0 victory in the Spanish east coast derby against Valencia, bolstering their third-placed position in La Liga and causing a crisis for their nearby rivals. Gerard Moreno scored Villarreal's first goal of the game after being caught in the Valencia penalty area. Santi Comesana secured Villarreal's victory with a simple finish, despite Arnaut Danjuma's injury, ensuring a win against a rival.

Getafe secured a 1-0 victory over Athletic Club Bilbao, thanks to a goal from Borja Mayoral from close range. Getafe emerged victorious against a tired rival, scoring in



the 75th minute, despite appearing tired after a tired performance in the Champions League. Carlos Romero scored the only goal in a 1-0 home

win against Elche, causing the visiting side's second defeat of the season, despite having a late flurry of chances in the game. Girona and Oviedo won a thrilling 3-3 match, but both teams are currently in the bottom two of La Liga. Oviedo led 2-0 with Federico Vinas' penalty and Salomon Rondon's goal, but Girona regained the match with Cristian Stuani's first spot-kick. Azzedine Ounahi scored a goal and won a penalty for Stuani in the 90th minute, putting his team ahead. Girona appeared to secure all three points, but David Carmo scored in the 97th minute.

Bencic subdues Noskova to win the Tokyo championship at the 2025 Pan Pacific Open

New Delhi: Swiss player Bencic won the opening set in a tiebreak, overcoming a strong serve from both players in the rain-soaked Ariake Coliseum, showcasing his strength on serve in the match. Former Australian Open champion Kenin emerged victorious,

breaking the record in the second set's fourth game and overcoming a minor wobble in the next game to eventually draw level in the contest. Tokyo Olympics gold medallist Bencic secured her second title of the sea-



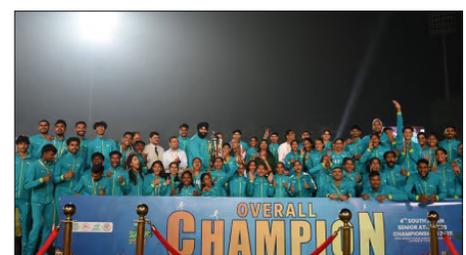
son by breaking a 3-1 lead in the decider after sloppy play by Kenin. Elena Rybakina

withdrew due to a back injury, despite securing the last qualifying spot for the WTA Finals in Riyadh after reaching the semi-finals in Tokyo. Noskova, who lost to Amanda Anisimova in the China Open final, aims to win her

second WTA title, following her victory in Monterrey last year.

India is still in control of the South Asian Athletic Championships

Ranchi: India secured 18 medals in the South Asian Athletics Championships 2025, including seven gold, eight silver, and three bronze, bringing their overall medal tally to 32, showcasing their strong performance at the Birs Munda Athletics Stadium. Sri Lanka maintained their competitive form with eight gold medals and 23 medals, while Nepal is third with three bronze medals. Nandhini K of India won gold in the women's 100m hurdles, followed by Moumita Mondal in silver and Wijewera Vitha in bronze. Manav R of India won gold in the men's 110m hurdles, while Sri Lanka's Ranatunge Roshan won silver and India's Krishik M won bronze. Sanjana Singh won her second gold medal in the women's 1500m final, while W.K.L. Arachch Nimali finished second and Kajal Kanwade won bronze. India's Arjun Waskale won gold in the men's 1500m final, ahead of Sri Lankans Rusiru Chath and Rojideen Mohamathu. Neeru Pathak won



gold in the women's 400m, while Olimba Steffi won silver and Mendis Balapuwa Sayu finished third. India won gold in the women's discus throw with Seema's 55.14m effort, followed by Nidhi's silver and Asgiriye Gedara Vinod's bronze. Kirpal Singh continued his golden streak in the men's discus throw with a 56.22m effort, followed by Nirbhay Singh and W.D.M. Milant Sampat. A. Samaraweera of Sri Lanka won the men's high jump title with a time of 2.17m, while Rohit and Aadarsh Ram of India won silver and bronze respectively.